



## WHILE YOU WERE SMOKING...

He crawled to the staircase and picked himself up for the first time. It was in the next instant your baby took his first step.

Don't miss life's *little* moments.

Enroll in the Quit For Life® Program, and don't miss another moment. It's free. It's confidential. It works.

**1.888.275.1205** (select option 3) | **[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)**

The tobacco cessation program is provided at no cost to you and addresses all forms of tobacco.

Who is eligible to participate?

Benefits eligible state and non-state employees who are enrolled in the state employee health plan or who have waived coverage in the plan.

Retirees, spouses and dependents 18 years or older who enrolled in the state employee health plan.

